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Early Care and Education

Assessment Instruments

General Resources

PSE-Specific Resources

- **Healthy Eating & Physical Activity Policies and Practices in Family Child Care Homes, Centers, and Preschools**
- **Making Water Readily Available Throughout the Day**
- **Increasing Physical Activity; Limiting Screen Time**
- **Farm to Preschool/Farm to Fork**

Elements in this compendium may not be wholly SNAP-Ed eligible. Please consult the most recent SNAP-Ed guidance posted on both the NEOPB and USDA websites for the updated language on allowable activities using SNAP-Ed funds. Local health departments may work with other funding streams and organizations as needed to achieve community change goals and their Policy, Systems and Environmental (PSE) change objectives.

ASSESSMENT INSTRUMENTS

Contra Costa Child Care Council Self-Assessment Questionnaire--Contra Costa Child Care Council

An easy to use self-assessment tool for early care and education sites; healthy site changes can then be supported through use of the Council's "Best Practices for Child Care Nutrition and Physical Activity Environments Handbook." (Also available in Spanish and Chinese)

<http://www.ccfproundtable.org/docs/BestPractices/SelfAssessmentQues.pdf>

Head Start Body Start Play Space Assessment--Head Start Body Start National Center for Physical Development and Outdoor Play

A user-friendly Play Space Assessment to help create safe, age-appropriate outdoor play environments that encourage active play and movement opportunities, and provide educators a place to tap into nature-based learning. Use the assessment to help target areas in need of the most improvement and help prioritize project tasks. (Also available in Spanish)

[Preschool Play Space Assessment](#)

[Infant/Toddler Play Space Assessment](#)

Let's Move! Child Care Checklist Quiz--Let's Move! Child Care Initiative

A brief tool designed to help early care and education sites examine the extent to which they meet the Let's Move! Child Care best practices; subsequent healthy site changes can be supported using Let's Move! Child Care Initiative resources.

https://healthykidshealthyfuture.org/wp-content/uploads/media-resources/ECELC/C2P2/LS1/Project_Coordinators_Trainers/Evaluation/081514-LS1-LMCC_Quiz.pdf

Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC)--Healthy Child Weight Research Group, University of North Carolina Center for Health Promotion and Disease Prevention

Self-assessment, goal setting, and action planning tools combined with workshops and technical assistance tools. Designed to be used together to enhance policies, practices, and environments in child care. Self-assessment and goal setting tools can be used in combination with other interventions designed to improve child care policies and practices in nutrition and physical activity. See [Program Materials Section](#) at www.gonapsacc.org.

www.gonapsacc.org

Wellness Child Care Assessment Tool (WellCCAT)--Rudd Center for Food Policy and Obesity, Yale University

The [WellCCAT](#) assessment tool provides a standard method for the quantitative assessment of nutrition, physical activity, and wellness policies written in parent handbooks, staff handbooks, and in other child care center policy documents. This tool offers a reliable means of assessing the comprehensiveness and strength of these written policies.

<http://www.uconnruddcenter.org/files/Pdfs/WellnessChildCareAssessmentToolForResearch.pdf>

GENERAL RESOURCES

Comprehensive resources that address feeding practices, foods served, physical activity, and staff/parent training and education.

California Preschool Learning Foundations Volume 2--California Department of Education

The foundations outline key knowledge and skills that most children can achieve when provided with the kinds of interactions, instruction, and environments shown by research to promote early learning and development (see Foundations in Physical Development and Health).

<http://www.cde.ca.gov/sp/cd/re/documents/psfoundationsvol2.pdf>

Color Me Healthy--State of North Carolina (multiple partners)

Color Me Healthy is an evidence-based program developed to reach children ages four and five with fun, interactive learning opportunities in physical activity and healthy eating. It is designed to stimulate all of the senses of young children: touch, smell, sight, sound, and, taste. Through the use of color, music, and exploration of the senses, Color Me Healthy teaches children that healthy food and physical activity are fun.

<http://colormehealthy.com/>

Eat Well Play Hard in Child Care Settings--New York State Department of Health

This is a multi-component intervention that focuses on improving the nutrition and physical activity behaviors of preschool-age children and their parents/caregivers by using educational strategies and skill building activities to promote healthy behavior change. The intervention also builds social support within the child care environment by including teachers and care providers in lessons and encouraging positive role-modeling and classroom reinforcement of nutrition and physical activity messages.

<http://centertrt.org/?p=intervention&id=1105>

First Years in the First State: Improving Nutrition & Physical Activity Quality in Delaware Child Care--State of Delaware (multiple partners)

A practical, "how-to" guide created to help child care providers follow Delaware CACFP/Delaware child care licensing nutrition and physical activity rules. Includes a variety of implementation tools as listed:

- *Administrator's Guide*
- *Instructor's Guide*
- *Menu Planning Guide*
- *Partnering with Families*
- *Shopping Cheat Sheet Handout*

<http://healthymeals.nal.usda.gov/state-resources/first-years-first-state-toolkit-improving-nutrition-and-physical-activity-quality>

Healthy and Active Preschoolers Nutrition Learning Center for Childcare Professionals--California Department of Education, Nutrition Services Division

Offers a variety of online courses and resources to improve nutrition and physical activity environments in childcare programs: nutrition and nutrition-related courses, classroom nutrition education curriculum, nutrition tips for child care staff and parents, nutrition and physical activity songs and storybooks, nutrition and physical activity calendar of events.

<http://www.healthypreschoolers.com/>

Healthy Habits for Life Child Care Resource Kit--Sesame Workshop

A comprehensive tool to help early care and education providers integrate nutrition and physical activity into the day.

http://www.sesamestreet.org/cms_services/services?action=download&uid=28a388c6-ca0e-45a1-9aaf-9b6688c5a557

Helping Kids Eat Well and Be Active--Contra Costa Child Care Council

This early childhood bulletin board resource contains information on important points to consider for the creation of bulletin boards; it includes nine sample themes, with ideas for handouts and discussion points to use with parents.

<http://www.cocokids.org/child-health-nutrition/wp-content/uploads/sites/3/2013/11/Bulletin-Board-Toolkit.pdf>

Incorporating MyPlate in the Child Care Classroom--Institute of Child Nutrition (Formerly the National Food Service Management Institute)

Power Point presentation about incorporating My Plate into the child care classroom. It explains basic strategies for introducing MyPlate to young children, how to incorporate MyPlate into age appropriate activities, and ideas for introducing young children to the five food components.

<http://nfsmi.org/Webinars/MyPlate/3/handouts-3per.pdf>

Let's Move Childcare--Let's Move! Child Care Initiative

Strategies, tools and resources to address five goals related to physical activity, screen time, food, beverages, and infant feeding.

<http://healthykidshealthyfuture.org/welcome.html>

MyPlate for Preschoolers--United States Department of Agriculture

Link to section of the MyPlate website for parents and caregivers of children 2 through 5 years of age to help their preschoolers eat well, be active, and be healthy.

<http://www.choosemyplate.gov/preschoolers.html>

Nutrition and PA in Child Care--eXtension

eXtension is an Internet-based collaborative environment where Land Grant University content providers exchange objective, research-based knowledge to solve real challenges in real time. The nutrition and physical activity in childcare page contains links to articles that include specific information about feeding practices, healthy food choices and ways to encourage physical activity in a child care setting.

<http://www.extension.org/pages/25848/nutrition-and-physical-activity-in-child-care>

Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program--United States Department of Agriculture

A series of tip sheets addressing wellness recommendations from the Dietary Guidelines for Americans, 2010 and Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education, 3rd Edition.

<http://www.fns.usda.gov/tn/nutrition-and-wellness-tips-young-children-provider-handbook-child-and-adult-care-food-program>

Potter the Otter Resources--Various Sources

Potter the Otter Loves Water: Website from First 5 Santa Clara County encouraging water consumption. <http://www.potterloveswater.com/>

It's Picnic Day Potter: Website from Scholastic featuring the latest Potter book, which promotes a balanced diet and encourages children to play. Additional teaching resources available.

<http://www.scholastic.com/first5/>

Download free PDFs of Potter the Otter activity sheets and other materials on the NEOPB Rethink Your Drink Resources page: <http://www.cdph.ca.gov/programs/NEOPB/Pages/RethinkYourDrink-Resources.aspx>

Preventing Childhood Obesity in Early Care and Education Programs – selected Standards from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs--National Resource Center for Health and Safety in Child Care and Early Education

The second edition of Preventing Childhood Obesity in Early Care and Education Programs is the new set of national standards describing evidence-based best practices in nutrition, physical activity, and screen time for early care and education programs. The standards are for ALL types of early care and education settings - centers and family child care homes.

http://cfoc.nrckids.org/StandardView/SpcCol/Preventing_Childhood_Obesity

Promoting Good Nutrition and Physical Activity in Childcare Settings--Robert Wood Johnson Foundation, Healthy Eating Research

A research brief that addresses the state of nutrition and physical activity in U.S. child care settings.

<http://healthyeatingresearch.org/wp-content/uploads/2013/12/HER-Child-Care-Setting-Research-Brief-2007.pdf>

Ready, Set, Go! Creating and Maintaining a Wellness Environment in Child Care Centers Participating in the CACFP--Institute of Child Nutrition (Formerly National Food Service Management Institute)

This best practice resource is a web-based, self-assessment checklist designed for child care directors who are implementing or assessing wellness practices in child care centers participating in the CACFP.

<http://www.nfsmi.org/documentlibraryfiles/PDF/20110126034352.pdf>

SNAP-Ed Interventions: A Toolkit for States--United States Department of Agriculture

This toolkit includes a childcare-specific section with nutrition and physical activity strategies, examples, and additional resources .

- Link to Toolkit: <http://snap.nal.usda.gov/snap/SNAP-EdInterventionsToolkit.pdf>
- Link to Site: <https://snaped.fns.usda.gov/national-snap-ed/snap-ed-plan-guidance-and-templates>

Standards from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs--National Resource Center for Health and Safety in Child Care and Early Education

National standards representing the best evidence, expertise, and experience in the country on quality health and safety practices and policies that should be followed in today's early care and education settings.

http://nrckids.org/CFOC3/PREVENTING_OBESITY/index.htm

Washington State Active Bodies Active Minds (WAABAM)--Washington State University

The purpose of Active Bodies Active Minds is to ensure that environments for children ages 2-5 encourage minimum screen time and maximum physical activity. Provides early childhood health and education professionals a website with: background information about the importance of limiting screen time and encouraging physical activity for young children, resources for limiting screen time and encouraging physical activity in child care, and resources for limiting screen time and encouraging physical activity in homes.

<http://depts.washington.edu/tvhealth/>

Wisconsin Early Care and Education Active Early Resource Kit--State of Wisconsin (multiple partners)

Guides designed to help early care and education professionals address childhood obesity by improving physical activity and nutrition. Guides are based on current scientific evidence and provide a self-assessment to allow child care programs to freely assess their own environment, program policies and practices as they relate to nutrition and physical activity. The guides also suggest key areas for improvement and information on how to implement strategies for developing program policies in child care settings.

<http://www.dhs.wisconsin.gov/publications/P0/P00280.pdf>

PSE: Healthy Eating & Physical Activity Policies and Practices in Family Child Care Homes, Centers, and Preschools

Action Guide for Child Care Nutrition and Physical Activity Policies--Connecticut State Department of Education

Is intended to help local and community child care, early education and after-school programs establish and implement policies and practices that encourage healthy lifestyles in children. It includes best practices for promoting healthy eating and physical activity for children in child care from infancy through school-age, based on current science, public health research, and national recommendations and standards.

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&Q=322594>

Best Practices for Child Care Nutrition and Physical Activity Environments Handbook A Guide for Self-Assessment and Policy Development--Contra Costa Child Care Council

Designed to help with the process of developing and implementing comprehensive written nutrition and physical activity policies for child care centers or child care homes; based on 35 best practices for child care nutrition and physical activity environments. The four sections address child feeding practices, foods served, physical activity, and staff and parent training and education.

<http://www.ccfproundtable.org/docs/BestPractices/BestPracticesHandbook.pdf>

Child Care Food Program Wellness Toolkit--Food Research and Action Center

For advocates, state child care subsidy, CACFP and licensing agencies, state and local health promotion and obesity prevention initiatives, child care providers, policy makers and other key stakeholders, the tool kit focuses on innovative and effective CACFP best practices and strategies for implementing good nutrition and physical activity policies and standards at the state and local level. (Includes many other resources, such as California case studies)

<http://frac.org/federal-foodnutrition-programs/child-and-adult-care-program/child-care-wellness-plans-and-policies/>

Keeping Children Healthy in CA's Child Care Environment--California Department of Education

This report presents the findings from a strategic assessment of the child care nutrition environments in California.

<http://www.cde.ca.gov/ls/nu/he/documents/keepchildhealth.pdf>

Model Child Care Licensing Statute For Obesity Prevention--ChangeLab Solutions

Model licensing statute developed by the National Policy and Legal Analysis Network (NPLAN) to assist states in strengthening obesity prevention in child-care licensing.

<http://changelabsolutions.org/publications/child-care-statute>

National Resource Center for Health & Safety in Child Care and Early Education – California Regulations

Links to documents regulating health and safety in child care for each state.

<http://nrckids.org/STATES/CA/california.htm>

Preschools SHINE (Shaping Healthy Impressions through Nutrition and Exercise)--California Department of Education (CDE), Nutrition Services Division

Statewide recognition program that recognizes preschool programs that demonstrate optimal health, nutrition, and physical activity policies and practices that support children's health and readiness to learn. Components address: CACFP Participation, Meal Quality, Mealtime Environment, Nutrition Education, Edible Gardening, Physical Activity, Professional Development, Wellness Policies, Partnerships, and Leadership. The CDE Food for Thought curriculum helps fulfill the Preschools SHINE nutrition education component.

http://www.healthypreschoolers.com/?page_id=5345

State Efforts to Address Child Obesity Prevention in Child Care Quality Rating and Improvement Systems--Altarum Institute

Challenges and opportunities related to implementation of child care nutrition and PA policies in Delaware (Specific to the state of Delaware, but broad enough to use as a guide for other regions). Describes an emerging strategy being implemented by states to address childhood obesity by incorporating nutrition, physical activity, and screen time standards into child care Quality Rating and Improvement Systems (QRISs).

<http://www.qrisnetwork.org/sites/all/files/resources/gscobb/2012-01-30%2007:30/Report.pdf>

PSE: Making Water Readily Available Throughout the Day

Healthy Beverages in Child Care Act--California Assembly Bill 2084 (Chaptered)

Additions to the California Child Day Care Facilities Act Health and Safety Code related to beverages served by day care providers.

http://www.leginfo.ca.gov/pub/09-10/bill/asm/ab_2051-2100/ab_2084_bill_20100930_chaptered.html

Healthy Beverages in Child Care Resource Website--California Food Policy Advocates

Website includes fact sheets with links to resources and relevant child care policies, best practices being used by programs in California, and links to educational materials, publications and research related to healthy beverages.

www.healthybeveragesinchildcare.org

PSE: Increasing Physical Activity; Limiting Screen Time

Active Start: A Statement of Physical Activity Guidelines for Children From Birth to Age 5, 2nd Edition--SHAPE America

Practical suggestions on how parents & caregivers can implement SHAPE America's physical activity guidelines for infants, toddlers and preschoolers, expanded guidance on physical activity for preschoolers, based on emerging research, FITT (Frequency, Intensity, Time and Type) guidelines for all three age groups, expanded resource list for parents & caregivers.

<http://www.shapeamerica.org/standards/guidelines/activestart.cfm>

Hip Hop to Health Jr.--Medical College of Wisconsin

Evidence-based healthy eating and exercise curriculum developed for children ages 3-7 years.

<http://www.hiphoptohealth.com>

PE Central

Pre-K section contains information that should be helpful to those who are responsible for providing movement programs for young children including free lessons.

<http://www.pecentral.org/preschool/preschoolindex.html>

Sesame Street Healthy Habits for Life – We Have The Moves!--Sesame Workshop

Resource developed for children ages 2 to 5 years that provides fun ways to boost children's activity during every day routines. Includes physical activities that require minimal time and equipment; activities for both large and small spaces and groups; fun and easy ways to add more active play into everyday routines; and ways to link movement to different curriculum areas.

http://www.sesamestreet.org/cms_services/services?action=download&uid=46841dfe-a76c-4df7-8e40-d165417d9be5

PSE: Farm to Preschool/ Farm to Fork**Know Your Farmer Know Your Food (KYF2)--United States Department of Agriculture**

Designed to support the critical connection between farmers and consumers and to strengthen USDA's support for local and regional food systems. Through KYF2, USDA integrates programs and policies that: stimulate food- and agriculturally-based community economic development; foster new opportunities for farmers and ranchers; promote locally- and regionally-produced and processed foods; cultivate healthy eating habits and educated, empowered consumers; expand access to affordable fresh and local food; and demonstrate the connection between food, agriculture, community and the environment.

http://www.usda.gov/wps/portal/usda/usdahome?navid=KYF_MISSION

National Farm to School Network – Farm to Preschool Subcommittee

Farm to Preschool is a natural expansion of the national farm to school model and encompasses a wide range of programs and activities. Farm to Preschool serves the full spectrum of early care and education delivery: preschools, Head Start, center-based, programs in K-12 school districts, nurseries and family home care facilities.

The [Farm to Preschool Program](#) at the [Urban & Environmental Policy Institute](#) at Occidental College began as a pilot program in 2009 offering a [Harvest of the Month](#) nutrition and garden-based curriculum, support for local food sourcing in participating schools, field trips to farmers' markets, a [market basket program](#) for parents and staff, parent workshops, as well as the development and integration of preschool gardens and [wellness policies](#) at participating sites.

<http://farmtopreschool.org/programmodels.html>

United States Department of Agriculture Farm to Preschool

Designed by the USDA to promote Farm to Preschool efforts among its funded programs and partners.

<http://www.fns.usda.gov/farmtoschool/farm-preschool>

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